

# Tranquil Health & Wellbeing Valentines Party



**SATURDAY 15TH FEBRUARY 2025 12-4PM**

**Come and join us for a fun-filled afternoon  
Free at Brickworks Community Centre  
42 Crouch Hill, London N4 4BY**

**Entertainment includes: Sing Along Songs,  
Poems, Speakers Chair yoga, Zumba  
Fitness, Music by Nick, Steelband, Dancing,  
Games and Prizes.**

**Refreshments served at 1pm  
Donations are accepted.**

For more information, please contact us on  
telephone: 020 7263 1067  
email: [inspire777@btinternet.com](mailto:inspire777@btinternet.com)

